

THE SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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 @wen_xo

"The more people piss me off the more I realize how I'm turning into a younger version of my mother."

 @LGalavotti

"The rule is you can't date someone who has the same name as your dad. Don't break the rule"

 @erikahasnoclue

"The fact that the President of the United States was just in the episode of Sex and the City that I'm watching is unreal"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



Student Alternative Spring Break Trips *Pioneers Serving Others Before Themselves*



PHOTO COURTESY OF LEXI ALEKSA

STUDENTS SPEND THEIR SPRING BREAK MAKING A DIFFERENCE THROUGH HABITAT FOR HUMANITY

BY NICOLE CROTEAU
Staff Reporter

From March 5 to 11, Sacred Heart University students provided community service as they traveled to Ohio, North Carolina, Guatemala, Nicaragua, Colombia and other locations during the week.

Four faculty members, 49 students and two staff members traveled around the world participating in community service-oriented, educational trips.

"I traveled to Bogotá, Colombia with 10 other Sacred Heart students to participate in the annual Rise and Walk Foundation mission trip," said senior Allison Imhoff. "During our time in Bogotá, we performed a home renovation for a family, provided a month's worth of groceries to four families and assisted in the after-school program within the foundation."

Students lived with host families and were able to spend time in local communities to learn about different cultures.

"I think that having the opportunity to go on a mission trip is so unique and something that all college students should try to do before they graduate," said Imhoff. "It is an experience of a lifetime and one that you will never forget."

Habitat for Humanity went to various locations around the nation and assisted families that were affected by natural disasters and or poverty.

"Habitat for Humanity is a great experience and so rewarding," said junior Alexandra Aleksa. "I wouldn't have wanted to spend my spring break any other way. While being in Des Moines, we helped build houses for families that are less fortunate. Overall the experience was unbelievable and something that I would love to return to."

Some went to Des Moines, Iowa with a Habitat for Humanity affiliate, and worked with families while learning about hope and positivity.

"One of the main reasons I chose Sacred Heart for my undergradu-

ate career, and continued my education here for my master's degree, is because of SHU's ability to challenge its students," said Jillian Gray, a Graduate Assistant in the Office of Volunteer Programs and Service Learning, in a statement to the university. "I was once told by a close friend of mine that life begins outside of your comfort zone, and ever since that day, I have challenged myself to get comfortable with being uncomfortable."

For students that went out of the country, immersion in another culture was a powerful experience.

Those who traveled to Nicaragua provided community service to children in poverty-stricken schools, specifically a school named Solidaridad.

"We would walk thirty minutes to the school and teach the children about the importance of nutrition, health and staying in school," said Ferriby. "I will be forever grateful for this opportunity to better understand these beautiful people and the many difficult lives they live."

While in Nicaragua, students also worked with women at Asilo De Ancianos La Providencia, a retirement home located in the community.

They interacted with women in the retirement home, celebrated International Women's Day and learned about their lives.

"We learned so much from everyone just by listening," said junior Adilene Garcia in a statement to the university. "I know I will take what I learned from this experience and reflect on it for the rest of my life."

For more information on how to get involved with service trips or other community service opportunities, contact Matthew Kaye, the Director of Volunteer Programs and Service Learning, at kayem@sacredheart.edu.

"I learned that you really don't need much to be happy in life," said Ferriby. "Service has shown me the beauty behind listening to understand, as well as the power that comes with the ability to speak."

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News

“ This serves as motivation to continue encouraging our students to be the most successful they can be while embarking on their new careers and for faculty to be visionaries in their teaching. ”
-Dr. Sherylyn Watson, Associate Dean of Nursing

Professor Wins International Media Award

BY JOHN CERRETANI
 Staff Reporter

Professor ShanShan Wang was one of the winners of The Kooshk Artist Residency Award (KARA), which recognizes exceptional artists, writers, performers and visual creators.

The Kooshk residency was established in 2014 in Tehran, Iran and works to create a space for talented writers, filmmakers, artists, and researchers to collaborate and be recognized for their work.

Wang was one of only four artists internationally chosen for the KARA and will get the chance to produce more virtual content and research in Europe this May.

There were over 375 applications submitted from 90 different countries, according to the Kooshk Residency website.

“My research interests are in the areas of new media arts and I am particularly interested in exploring digital humanities and socio-political interactions,” said Wang.

Wang has taught a wide array of classes at the School of Communication and Media Arts, including Virtual Reality, a new course designed to explore the technological advancements of virtual reality and interactive computer developments.

Her interests in virtual media and immersive online content provided her with methods of artistic and personal expression.

“My submission for the KARA focuses on virtual reality’s potential as a new artistic

form of activism,” said Wang. “The current social situation awakes me to think about the ability and immediacy of cyberspace to perform as an emerging art platform that can comment powerfully on social and political issues.”

In order to be selected for the KARA, applicants had to submit their resume along with various forms of their artwork or other projects, which would be judged by a panel of people from the residency program.

Some of Wang’s students were impressed with her recognition.

“She is always going to be pushing the envelope with being more innovative and helping the students with their learning process,” said junior James Taubl. “I feel that her being young also helps to connect with the students that she is teaching.”

Following her recognition, Wang has been invited to participate in residency programs in both England and Italy where she will showcase her current work in solo exhibitions and further progress her research with virtual reality and online content.

During her residency program, Wang will collaborate with the other three winners of the award and will interact with their art, the environment and society.

“I’m so happy Professor Wang won the award, she has a real passion for virtual reality and the future of communications, so this recognition is well-deserved,” said junior Nina Miglio.

Co-News Editor Alexa Binkowitz contributed to this article.

College of Nursing Ranked 4th Best in Connecticut

BY BRENDAN CAPUANO
 Staff Reporter

On March 7, Sacred Heart University’s nursing program was ranked as the fourth best registered nursing university program in the state of Connecticut by registerednursing.org.

According to the website, the methodology that the ranking was based on was the pass rate within the last five years of the program. Sacred Heart scored a grade of 95.70 on the site.

“Positioned along Connecticut’s Gold Coast, Sacred Heart University’s College of Nursing welcomes new, transfer and returning students to complete or upgrade their qualifications,” said a statement about the university on registerednursing.org. “Personal mentorship from industry leaders ensures bachelors and masters of science in nursing graduate excellence.”

For some professors in the College of Nursing, this is a unique honor that helps the reputation of the university and could not come at a better time.

“This honor is directly related to the dedicated, vision-

ary faculty and staff of the College of Nursing and our amazing, professional, hardworking students and alumni,” said Dr. Sherylyn Watson, Associate Dean and Associate Professor of the College of Nursing. “Needless to say, this report is most timely as it is recruitment for future students, being the best advertisement we can ask for as we form our class of 2022.”

Some nursing students had positive reactions to the recognition as well.

“We become a family because we all know and understand what we are going through,” said senior Brianna Paolini. “We help each other out whenever we can, the professors are brilliant and they are a perfect balance of a nurse, professor and a parent.”

The reputation that the school has had for its nursing program has been demonstrated over the last few years with recognitions such as this one.

While this recognition is a positive one for the College of Nursing, there is still more room for improvement.

“Nauugatuck Valley Community College is ranked 3rd, has a 96.5% passing rate and we are not far from that score,” said senior Anjelica Sitek. “I think the amount of practice exams and prep courses our professors have

provided us these past couple of years will ensure we will all successfully pass the National Council Licensure Examination and improve the overall passing rate for the school.”

Nursing students credit the success of the program to their professors who have guided them since they arrived at the school as freshmen.

“They are so concerned about all of us and know when we have had a bad day just by looking at us,” said Paolini. “I think having them be so personable and approachable really helps the learning process.”

The College of Nursing is now looking forward to recruiting the next freshman class, as well as preparing for the future development of the program.

“This achievement will only have a positive effect on the College of Nursing,” said Watson. “This ranking is reflective of many years of hard work and recognizes that we have developed a program that meets our students’ needs and prepares future nurses well. As we grow, this serves as motivation to continue encouraging our students to be the most successful they can be while embarking on their new careers and for faculty to be visionaries in their teaching.”

Winter Storm Stella Impacts New England Schools

BY VICTORIA MESCALL
 Circulation Manager & Staff Reporter



VICTORIA MESCALL/SPECTRUM

CAMPUS OPERATIONS WORKED TO KEEP UP WITH WINTER STORM STELLA

On Tuesday, March 14 Winter Storm Stella affected Sacred Heart University and the Northeast region of the United States.

The university closed all operations on Tuesday and delayed the start of business Wednesday due to cleanup of the aftermath of the snowstorm.

“Living off campus and on my own was a little bit of a hassle during the storm,” said sophomore Steve Musitano. “Since we only have one shovel and no car cleaners, my housemates and I had to break out the old credit card meth-

od and scrape away. Safe to say I now have a new card on the way.”

According to weather.com, Connecticut snowfall totals amounted to 21 inches in Middletown, 15.8 inches in at Windsor Locks-Bradley Int’l Airport (15.8 inches), and 7.1 inches in Bridgeport.

“One day it is 70 degrees and the next day it is snowing like we live in the arctic,” said Musitano.

During the storm, Chartwells Dining Services remained open through the 63’s dining hall, which operated Tuesday from 8 a.m. to midnight. Linda’s and other smaller food service outlets, such as Outtakes, were closed Tuesday.

“I’ve been here for 26 straight hours, but I don’t mind,” said Gary Hunt, a SHU Dining employee and winter storm essential university personnel member, in a university statement Wednesday. “We do it for the kids.”

Some students were still concerned about how safe the roads and parking lots were even days after the storm had passed.

“I’m a commuter so I was upset that we had class Wednesday,” said sophomore Alyssa Pezzella. “I wish they had taken the day and cleaned up the parking lots because it wasn’t safe.”

Due to the excess of snow in parking lots and ice on the roads, class schedules were also affected on Wednesday, Feb. 22.

“My 9:30 a.m. class was supposed to be cancelled but instead the professor started class at 10 a.m. after the delay,” said junior Katherine Seckler. “But the roads were so bad the majority of my class was late anyway.”

The hardest hit region of the United States and the northeast was in Vermont. Bolton Valley had a total snowfall of 58 inches. This was record snowfall for this area and was the highest total snowfall in New England for Winter Storm Stella on Tuesday.

“For those of you that spent Spring Break somewhere fun and warm, I got you a snow storm to welcome you back!” said Residence Hall Director Beth Anne Voight-Jause in an email to the residents of Jorge Bergoglio Hall.

Her email went on to inform her residents of precautionary measures to take in the event that the storm caused the university to close.

“Be prepared for the potential of power outages as well,” said Voight-Jause. “However, the university has generators that will keep the heat on if that happens.”

On Monday evening, the Office of Public Safety Delivered a mass phone message via the Emergency Alert System to all members of the university announcing the closing of school Tuesday.

Officer Stephanie Trelly, the Coordinator of Safety and Security Programs for the Sacred Heart Department of Public Safety, sent out an email to students Monday morning as well, explaining emergency procedures and preparedness.

The university resumed normal business and class hours on Thursday morning.

Perspectives

What is the Deal With Daylight Savings?

SHE SAID

KELSEY...



Coming back from spring break is always a bittersweet moment. Obviously if you went away somewhere for spring break it's normal for you to never want to go back to all the work and struggles of the real world.

This spring break however was an interesting one because we were blessed with the beautiful calendar event called day light savings time.

Now I can understand Anthony's point of view of the topic. Sure, day light savings time is definitely a pain because you loose an hour.

I mean then again who wants to loose an hour of sleep, loose an hour of possibly studying to get ready for that exam in the beginning of the week after break, or even loose an hour of fun that you could be spending with family and friends.

Although these points make day lights savings time seem terrible, it actually is quite not at all that bad. I mean if you think about it, day light savings time could be a good thing. I would like to think of it as a positive way to get into the warm seasons of spring and summer.

All those people who disliked when it was 5 o'clock at night already dark out well, here's your lucky time of the year.

No more walking out of your daily workdays and seeing a dark sky and automatically feeling tired because you think it is later in the night than it already is.

Wouldn't everyone like to get out of work and still feel like they still have sometime in the day to relax and just enjoy a bit of the day for themselves to do with whatever they want and please

Personally it was quite an annoying

factor that when I had to go to my late classes at 5 p.m. it was dark out. It made me sleepy in class and just left me feeling so exhausting.

Who wants that after an already long day of work and classes?

For those people for instance who hate the cold weather this is the perfect way to tell that those long brittle winter days are almost gone for the year.

It's soon time to put those long sleeve shirts back in the storage closet. All those extra layers of clothes and accessories like scarves, warm hats and gloves can say adios for another few months at least.

If you want to still do any winter sports like snowboarding and skiing before this years season is up, I would suggest doing it fast before the ice melts and the warmer weather comes.

Spring means back to the nice beautiful weather possibly with cute sundresses, or for the guys wearing tanks and shorts.

Longer days mean more fun. It's more time to relax, more time to cram for that assignment or exam and more time to spend time with friends and family all in one day.

Maybe you have said, "there is just not enough hours in the day." Well in this case during this time of the year you got what you wished for. More daylight within the day hours means mentally more time to get things done and maybe even have sometime for yourself.

Whether you like the idea of daylight savings time or not, I hope this time around in the year you make sometime to some fun for yourself and enjoy the day while it still last.



HE SAID

ANTHONY...

All right people, get out of bed and adjust your socks because it's time to argue.

Spring is here, it might not feel or look like it, but it's here. Spring means lots of different things. It means rain showers, blooming flowers, warm weather and short shorts.

What some people might forget that comes with spring, because it's totally irrelevant and useless, is daylight savings time.

Which brings us to our debate this week. Whether or not daylight savings time should still be a thing.

Like most of my columns, I'm going to tell you why our subject of this week's debate is fruitless.

To prove my point, I'm going to give you a little history of the day. Daylights savings time was first introduced in Ontario, Canada during the early 1900s.

Well needless to say daylight savings time started to pick up throughout Canada.

However, the first country to introduce daylight savings was Germany in 1916.

Why did we have to be like Canada and Germany, I do not know.

Daylight savings wasn't brought to the U.S. until 1918 when President Woodrow Wilson signed it into law during World War I.

Now this I can understand.

World War I was a very expensive war and we needed all the help we could get in that instance. Implementing daylight savings time did help U.S. citizens to save power and help the government fund the effort for the war.

Although once the war was over, daylight savings should have ended as well.

In fact seven months later the seasonal

time was repealed.

Daylight savings was put back into place under the presidency of Franklin D. Roosevelt in 1942. This time is was for the war efforts during World War II.

Again, fantastic idea to save money that can be put towards a more pressing cause, but it should've ended with WWII.

Personally, daylight savings time has done nothing but give me problems.

Sure gaining an hour of sleep once a year is cool, but losing an hour messes me up so much that it's worth not having an hour to gain.

Probably the worst part of daylight savings was the dark winter mornings. Nothing makes me want to go back to bed then waking up in the morning and the sun isn't even up yet.

I remember when I was little and I had to wake up for grade school. I would have to walk to school during the dark and cold winter morning wondering whether or not I would even make it to school.

I know that some people think it's cool to stay up until 2 a.m. and watch the clock change right to 3 a.m. Wow, it must be so exciting to watch the clock change.

In the end daylight savings is an outdated way to save power. It really doesn't save anything.

Especially with today's technology and how people's lifestyles are I feel that people still go about their day whether it's light or dark out.

POET'S CORNER

"The Song of Birds"

by sophomore Nicholas Dellorusso

I've never heard birds sing at 4:37 in the morning

What is usually meaningless noise

is now a divine melody

Gentle chirps guided by wind's grace

are strung together and brought to me

With heavy eyes I wait

night after night

to hear the pleasant pain that is

the song of the birds

at 4:37 in the morning

Perspectives

“Cash Me Outside” Way to Fame

BY FAYE KENAJIAN
Staff Reporter



DANIELLE BREGOLI BECAME INTERNET FAMOUS AFTER HER APPEARANCE ON DR. PHIL.

Danielle Bregoli is a 13-year-old girl who has recently become famous because of her episode on Dr. Phil that was broadcasted in September. Ever since her episode aired, she has become an internet sensation because of what she said on the show.

The catchphrase that has become popular is, “cash me outside, how bout that.”

Bregoli’s mother, Barbara Ann, wrote to Dr. Phil that she wanted to go on the show because of her daughter’s unruly behavior. Bregoli steals, lies and is out of control according to Drphil.com.

After the show aired, Bregoli received over 8 million followers on Instagram, where she advertises her catchphrase on shirts that she sells. Memes, songs and videos have also been made about her. Bregoli has also recently been asked to make guest appearances.

TMZ.com reported that Danielle is making over \$40 thousand to do a meet and greet with her fans.

“It is absolutely ridiculous that someone could do something so minor and not only become famous, but be making this much money,” said junior Sabrina Sadler. “There are people that are starving and poor and we’re handing 30,000 plus dollars to a person who said, ‘cash me outside.’ What does it say about our generation that we make someone who said just that a phenomenon? What does that say about our intelligence and interests as a whole?”

Bregoli remained in the news world and her popularity rose following the airing of her Dr. Phil episode.

TheSun.com claims that Bregoli was thrown off a

Spirit Airlines flight for getting into a fight with another passenger.

“I find it silly that this girl makes this much money for being on TV for being rude and displaying out of control behavior towards her mother. I think that if the statement she made maybe didn’t come off as disrespectful, I would find it to be more deserving, but I don’t think she deserves it,” said senior Giulia Giansiracusa.

According to Drphil.com, Dr. Phil invited her back onto his show for another episode appearance in order to show the audience that Bregoli was sent to a behavioral rehab facility and was getting better.

Since she has become famous, she is now acting the way she acted on her first episode.

“I have heard about this girl in the news before and I thought that the meme about her was funny at the time,” said junior Jennifer Carlson. “What she does after her 15 minutes of fame does not really concern my life. This girl can do whatever she wants to do with her life as long as she is not affecting or harming anyone else in the process of doing so.”

Are You Prepared for a Zombie Apocalypse?

BY MICHAEL MARINO
Staff Reporter

If a zombie outbreak were to occur, would you know exactly what to do? Is there even the need to have a plan at all?

According to NBCCConnecticut.com, the Illinois House declared that October will be “Zombie Preparedness Month.”

“I am told that if you are prepared for zombies, then you would be prepared to deal with a natural disaster like tornadoes, blizzards, natural disasters of any kind. You would have proper food storage, you would’ve identified a place where you would go for shelter and you’d be prepared for a natural disaster,” Democratic State Rep. Emanuel Chris Welch told NBCCConnecticut.com in February.

Despite the attempt to raise awareness, students at Sacred Heart University have mixed opinions about whether or not a plan is truly necessary.

“Personally, I feel like we need to have a plan if an outbreak were to actually happen,” said freshman Cole Doherty. “There have been a lot of TV shows about zom-

bies so I have often thought of how I would handle the situation.”

Some students have even thought about their plans if a zombie outbreak ever did occur.

“The first thing I would do is try to get to my family,” said Doherty. “I would then head up to my lake house in New Hampshire because it is positioned in an isolated spot.”

Many of these ideas included finding a safe place with minimal occupancy.

“We would definitely need a plan of action just to stock up on food and weapons to defend ourselves,” said freshman Dominic Danzi. “I would get to a secluded area and maybe even try to set some sort of trap to warn me if any zombies were close.”

Some students think that people need training in order to know what to do.

“Panic in these kinds of situations only makes things worse,” said sophomore Peter Lewis. “It’s hard to prepare for something that no one has experienced, therefore, I think that we would need some kind of training about basic principles of survival.”

However, not everyone is in support of this bill.

Republican Jeanne Ives stated on NBCCConnecticut.com that the state should not be focused on issues like this, rather they should concentrate on real disasters such as their budget.

“We should spend our time preparing for other disasters like a nuclear attack,” said junior Corey Plumb. “Something like a zombie outbreak just seems like something that is very unlikely to happen to us.”

Some students think that the idea of a zombie outbreak is completely unrealistic.

“It’s just not logical,” said sophomore Matthew Tierney. “I personally do not feel the need to have a set plan in the event of a zombie outbreak. This is primarily due to the fact that I don’t see anything like that happening any time soon.”

Although Welch admitted that something like “Zombie Preparedness Month” may be slightly farfetched, he believes that it is necessary in order to communicate a message.

“If you can prepare for the worst, then you’ll always be in a good position to come out on top,” said Lewis.



WikiLeaks Strikes Again

BY DANIEL DIGGINS
Staff Reporter

WikiLeaks, a self-proclaimed multi-national media organization, has recently released a new set of leaked confidential documents that belong to the United States.

WikiLeaks.org stated that it begins its new series of leaks on the U.S. Central Intelligence Agency. Code-named Vault 7, it will be the largest publication of confidential documents on the agency.

According to the press release on WikiLeaks.org, this leak contains 8,761 documents that originally belonged to the Center for Cyber Intelligence of the CIA located in Langley, Virginia.

“It blows my mind that people are able to obtain highly classified government documents, you’d think that the government would have extremely high security for those type of things,” said senior Sean Flanagan.

The source of these leaks is something that remains confidential to the WikiLeaks organization, although there is plenty of speculation from various national security

experts.

Deb Riechmann states that some experts believe foreign countries are behind the leaks, while others believe the leaks are caused internally.

The Vault 7 leak exposed documents concerning the CIA’s ability to spy. It exposed information about cell-phones, computers, laptops, various electronic items and their abilities to act as spying tools for the CIA.

Some students think that the government should be able to monitor us for our safety.

“I really hope the government isn’t watching every move I make, that would be very concerning,” said sophomore Shane O’Toole. “I understand when the government may need to spy as a safety precaution, I just really hope they aren’t abusing their power.”

The CIA is not confirming the documents as authentic. They also generally believe that their founder, Julian Assange, is trying to aim his efforts towards damaging the United States Intelligence agencies and their reputations.

Assange stated in the article that WikiLeaks has released the files so that the public could talk about issues that need to be discussed immediately. The source is intending to

cause public debate concerning the issue.

“I want to know the truth about this, the idea that they could know everything I have done is unbelievable,” said senior Jill Lopez. “It is an extreme violation of privacy if they are spying on us through our devices.”

The United States’ regulations on spying became weaker after 2001.

Agencies have been able to spy on who they are targeting with limited laws protecting the individuals. These laws became weaker due to increased safety measures.

“I have nothing to hide from the government, so if they want to spy on me they’re wasting their own time. I assume they use those types of spying tools in more efficient manners,” said sophomore Don Briggs. “I hope that we are given the truth at some point soon, it’s hard to know what to believe these days.”

The Associated Press contributed to this article.

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Learn to Laugh at Yourself

GABRIELLA NUTILE
CO-COPY EDITOR & FEATURES EDITOR

One of the biggest life lesson's I have learned throughout my 21 years is that you need to learn to laugh at yourself. I think I have become an expert at this. I have had more than my fair share of embarrassing moments, and I've learned to take each one in stride and laugh it off because honestly life is too short to take it so seriously. My best friend and I write each other letters every year for our birthdays that consist of anywhere from 10 to 15 pages with memories that we've had since we became close in sixth grade. I would say that more than half of the memories contained in the letters pertain to my hilarious, yet sometimes very awkward, situations that have and keep occurring in my life. For instance, there is one classic moment that happened in my life in eighth grade that always ends up in our letters. Back in the day when I was actually decent at math, my friend and I were both in our advanced math class that was taught by Sister Ellen. We each went to our seats, and when I sat down I immediately knew something was wrong with my chair. I looked over to my friend and asked her to switch with me, whining that the chair I was sitting in was hurting my lower back and too low to the ground. She insisted on not switching, so I was stuck with this chair. After a few minutes I could not take it anymore, so I went to get up and at this exact moment Sister Ellen and a few boys walked into our classroom. And as I was in the midst of getting up from this unpleasant chair, the legs underneath it gave out and I fell backwards onto the ground with my legs literally flailing in



the air. Now, I've gone to Catholic school my whole life and up until college I always wore a uniform, which included a kilt. So there I was with both my legs up in the air with my kilt hanging on my face as I was on the ground. Thank God (pun intended) that I had shorts on underneath or else things would have gone even more awry. While my best friend was laughing hysterically, I was very much struggling to get up. After my third attempt, I finally got my feet on the ground and my kilt back down to where it should be, and there was Sister Ellen, her face mortified and full of pity; I can still picture it now. I had the whole class in hysterics, and I just remember looking around and became so happy that I could make my peers laugh that hard. I didn't mind that they were laughing because I realized how funny it was too and I started cracking up at myself as well. Making others laugh has always been one of my favorite things to do, regardless if it's at my own expense. At the end of this whole scenario, Sister Ellen walked up and looked at the chair, picked up the two broken legs and said, "I don't think we can fix this." And while we couldn't fix that chair, what we can fix is our outlook on life. Being able to laugh at yourself, I believe, is imperative to living a happy life and also shows you have a sense of humor. Laughter is the best medicine, and it's free, so take advantage of it as much as you can.

It's Most Certainly Not Called Gym-NICE-stics

ALEXA BRISSON
PHOTOGRAPHY EDITOR

According to Spoteology.com, gymnastics is one of the hardest sports in the world. The strength that it demands, both physically and mentally give gymnastics the title of one of the most challenging sports. While gymnasts complain about their absence of a social life, excruciating injuries, and abnormal bodies, gymnastics still seems to steal our hearts every single time. I began gymnastics when I was two years old. My grandma enrolled me in the hope that I would come out of my shell. Yes, I was that shy awkward child, but my grandma's plan proved to be very successful. As I continued, coaches noticed how naturally strong and flexible I was. I also proved to have the mindset of a competitive gymnast, which entails determination, focus, and most importantly passion. I began performing at a competitive level when I was eight years old. From then on I was hooked. I practiced four hours a day, five days a week. I gave up school dances, hanging out with my friends, football games and all of the other fun things that a typical child gets to experience, but my passion to excel in this sport was way too strong to stop me. Gymnastics challenges both your body and your mind. I pushed my body to do things that probably should be illegal. Running until being sick, conditioning so hard you could barely walk the next day, and lift sessions that push you to your limits was all done to ensure that I would be in the best shape in order to improve my skills, and that wasn't even the worst part. The interesting thing about gymnastics is that your biggest opponent is not even the opposing team member, but yourself. For example, coaches tell you that you must flip six feet over a four-

inch beam or you will never move to the next level. Yeah, I'd like to see my linebackers do that. Even though you are scared stiff because you could possibly smash your face on the beam, you have to find it somewhere in you to push yourself past your mind full of fear in order to complete the skill. That is why I love gymnastics. It is the only thing that can challenge me more than I challenge myself. I am completely in control of the outcome. I can't depend on my team members to force me to complete a skill, even though they always encourage me to do so. You can't blame anyone if you don't do well at a meet; you simply realize that you have to put in more gym time. Consistency is key in the sport of gymnastics. If you ask anyone to describe me in one word, almost everybody would say consistent. I am consistent with every single part of my life from gymnastics, to schoolwork and extracurricular activities. I am one of the most dependable people I think I know and I have gymnastics to thank for that. As I approach my final meet, I think about all that this sport has given me such as a good work ethic, dependability, some of my best friends, time management skills and responsibility. Gymnastics has truly shaped me into the person I am today. I gave up many things that I will never have the opportunity to get back, but I gained so much more in the long run. So, thank you gymnastics for being there for me when no one else was. Thank you for challenging me and pushing me past my limits. Thank you for letting me take my anger out on you, and finally thank you for giving the strength to do what people say is impossible.

Correction Box: In the March 15th sports section, the basketball article stated that the season for both the men's and women's team ended. However, Sacred Heart Athletics twitter stated on March 13th that the women's team would be playing in the National Invitation Tournament (NIT). They lost to St. John's in the first round of the NIT on March 17.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copy-right for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Tell Us Your Story: Devin Towne

BY ANNA FINN
Staff Reporter

You might recognize this week's feature story from the Sacred Heart University's Theatre Arts Program.

Devin Towne is a junior originally from Saratoga Springs, N.Y. He has been contributing to the campus community in more ways than one.

Towne is currently rehearsing as the starring lead role in the spring production of "Jesus Christ Superstar."

"This production follows the life of Jesus throughout the last seven days of his life, with a modern approach to it," said Towne.

To prepare himself for his upcoming role as Jesus, he has thrown away his preconceived notions of the passion story. He has spent time with the directors and cast members breaking down the internal struggle Jesus underwent during the last seven days of his life.

"Not only am I focusing on what he was feeling during certain moments, but why," said Towne.

Towne is ecstatic to be portraying this role. He hopes that the audience leaves the performance being able to empathize with and relate to Jesus more than ever before.

"This show highlights a side of the biblical story that is often overlooked," said Towne.

Weekday rehearsals can last around three to four hours while weekend rehearsals can last from seven to 10 hours.

"Lots of behind the scenes work goes into each production but that is what we need in order to bring the show to life on opening night," said Towne.

Aside from his involvement in the theatre, Towne is also



PHOTO COURTESY SACRED HEART THEATER ARTS PROGRAM

DEVIN TOWNE IS LOOKING FORWARD TO HIS ROLE AS JESUS IN SACRED HEART'S PRODUCTION OF "JESUS CHRIST SUPERSTAR"

a Senior Resident Success Assistant (SRSA) and the president of Build On, a Nonprofit Chapter at Sacred Heart.

Towne has been a SRSA for the past two years and thinks it has been great for him.

"It has allowed me the opportunity to enhance my leadership skills and work together with a group of fellow RSAs toward a common goal of ensuring the success and safety of our residents," said Towne.

Even during his off-time, Towne still likes to make sure he makes the most of his time.

For this year's spring break, he traveled to Des Moines, Iowa for a Habitat for Humanity service trip.

In addition to his involvement on campus, he is able to manage majoring in Exercise Science with minors in

biology and chemistry.

"It takes lots of long nights and a very full and colorful planner," said Towne.

With his major and minors, Towne hopes to become a physician assistant.

Following graduation, Towne plans on taking a gap year back home to get clinical hours and apply for physician assistant schools.

With being involved in so much on campus, Towne does not get much down time for himself. However, it doesn't phase him.

"I wouldn't change my involvements for anything," said Towne.

McDonald's Introduces Two New Big Macs

BY DANTE CABRAL
Staff Reporter



MCDONALD'S VIA AP

MCDONALD'S ADDED TWO NEW MEMBERS TO THE BIG MAC FAMILY INCLUDING THE MAC JR. AND THE GRAND MAC

McDonald's is a fast food chain restaurant known for their exclusive burger called the Big Mac. Recently, the company realized that it was time to make a change in regards to their iconic burger by introducing the Mac Jr. and the Grand Mac.

While the regular Big Mac is served with two regular 1/10 pound beef patties, the Mac Jr. and Grand Mac contain a different sized patty. According to People Food, The Mac Jr. is served with 1/6 pound patty while the Grand Mac is served with two 1/6 pound patties.

"I probably wouldn't try anything new at McDonald's for the sake that it's at McDonalds and I don't believe that it could be healthier since it's fast food," said sophomore Emily Hague.

According to People Food, Jim Delligatti created the Big Mac back in 1967. It was initially only sold in the Greater Pittsburgh area but would be later sold nationwide in 1968.

The famous fast food chain has made sure to not change the Big Mac since its countrywide release. It still contains the traditional beef patty, special sauce, shredded lettuce, cheese, pickles, and onions all on a sesame seed bun.

According to Business Insider, The Mac Jr. will be priced at \$3.39 while the Grand Mac will cost you around \$5.39.

Some students are already looking forward to trying the two freshly added menu items.

"I've had a Big Mac plenty of times before and I personally think they taste pretty good. I am looking forward to getting my hands on one of those new burgers the next time I make a trip to McDonald's," said sophomore Billy Varasconi.

While some students are looking forward to trying the new Big Mac burgers, others aren't quite as excited.

"No, I do not enjoy fast food burgers. Personally, those burgers do not seem appealing to me," said sophomore Aarika Mallory.

McDonald's has always been adding and dropping special items and deals to their menu to see what new things their customers could be interested in. A few examples include the Dollar Menu, the McPick 2 Menu and the Shamrock Shake.

Some students think that same success of the special items will continue for the two new Big Mac burgers.

"I feel like these two Mac's could be successful. There are several people out there that enjoy the Big Mac already so I can see people trying these two new Macs," said Mallory. "If people aren't too hungry they can have the Jr. and if they are feeling daring they could do the Grand Mac."

Other students don't see the same success coming out of these two new ones.

"Probably since they are new to the menu, people will want to try them. But after a while, it will probably fizzle out," said Hague.

According to People Food, McDonald's may plan to only have these Big Mac's stick around for just a short while. They are talking about just making it a limited time deal similar to what they do with their Shamrock Shake.

"I think the Mac Jr. and Grand Mac will receive a lot of attention and have good success on the McDonald's menu. People will like the fact that they can have a smaller and bigger alternative to just the regular Big Mac," said Varasconi.

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Features

Club Spotlight: Art Club

BY FALLON BEVINO
Staff Reporter

Are you looking to bring out and showcase your inner artistic talent? Art Club was created with the intent to help students grow and gain a sense of confidence, strength, grace and a deeper appreciation and knowledge of art.

Art Club has been around since 2012 and has grown over the years with over 90 students, making it one of the biggest clubs on campus.

Christina Ghillani, a senior graphic design and illustration major, is the current club president.

"The main goals and values of Art Club are to show students how to creatively express themselves through different mediums and materials. Art Club is open to all students who are interested in the arts, even if they don't have any prior experience," said Ghillani. "Art club gives any student the opportunity to learn about art and how to creatively express themselves."

The club seeks to reach more than just art students. To attract a variety of students, the club's bi-weekly meetings include activities like coloring, simple craft making and painting.

"We usually do simple crafts that would fit anyone's style and are also fun. We also teach students about art and the techniques used for different mediums and materials," said Ghillani.

The club holds activities and events, both on and off-campus. On campus, they hold Student Art Exhibits, Paint and Sip Nights, club meetings and fundraisers.

It also works to expand the knowledge of art by going off-campus to local schools. Club members work with and introduce local students to the world of art.

"My favorite part of Art Club is the community that it builds. Art Club is a place to have creative freedom and express yourself any way that you want. It shows that there are no limits or boundaries to creativity," said Ghillani.

Student Art Exhibits are held at the Art and Design Gallery located outside of the Edgerton Theatre For Performing Arts. These exhibits feature the artwork of the club members.

Rhys Fabiani, a member of Art Club, said that his favorite event is teaching Paint Night at Sacred Heart's on-campus pub, Red's. Fabiani, who is also a Red's chair-member, instructs groups of students through the steps of painting



ART CLUB MEMBERS PAINTING MUGS DURING ONE OF THE CLUB'S MANY CRAFTING ACTIVITIES

PHOTO COURTESY OF CHRISTINA GHILLANI

a picture.

"Being able to guide students to make something regardless of ability is fun. You never know what you're going to see and a lot of the time it's very impressive," said Fabiani.

Fabiani enjoys instilling confidence in students while helping them paint during their event held at Red's.

"I enjoy seeing kids loosen up and just have fun. I just have so much fun helping others make something that

they're proud to display on their wall either for themselves or as a gift to others. My main goal is to have fun and then to help students make their piece special," said Fabiani.

If anyone is interested in joining Art Club, students may contact Ghillani at ghillanic@mail.sacredheart.edu or Prof. Jack de Graffenried at deGraffenriedJ@sacredheart.edu.

CAMPUS CUBE

a hug from home

Campus Cube: Delivering Care Packages Near You

BY TESSA KIELBASA
Staff Reporter

Campus Cube is an online service that allows family and friends to send college students care packages. It provides a way to stay in contact while students are away and attending school.

The company is based out of New York City and strives to provide fun and useful packages to its customers.

"I always run out of small items that I need. It can also let me know that someone is thinking about me," said sophomore Helena Kizildag.

According to the Campus Cube website, the company was founded in 2016 in hopes of helping families "offer support and encouragement to students."

It offers boxes full of snacks and small gadgets that can be useful for college students.

"Snacks, candy, something to distract me from my school work is always good," said sophomore Bryana Caraballo.

The website states that the boxes come in themes including spring and winter semesters, but there is also an anytime cube option that can be sent.

The women's Anytime Cube comes with a pillowcase, gourmet chocolate chip cookies, face wash and other gifts. The spring semester specific cube comes with chocolate covered pretzels, inflatable flamingo coaster, hair ties, as well as other gadgets and snacks.

"It's a great way to receive items you're actually going to use," said senior Jessica Salvadore.

The men's Campus Cube comes with similar snack items, but different gadgets de-

signed for guys. The Anytime Cube comes with a water bottle, razor and a smartphone wallet. The spring semester cube contains foaming shaving gel, sunscreen lip balm and a variety of gourmet snacks.

The Anytime Cube is priced at \$44.95 and the spring semester cube is listed at \$39.95. The boxes ship for free via FedEx.

After the boxes are received by students they can be turned into dorm room storage to make living at school easier. The cubes can then be stacked and turned into cubbies.

"Instead of wasting the box and throwing it out, I can use it to store either school books, important papers and other miscellaneous items," said Caraballo.

While not many Sacred Heart University students have received Campus Cubes, they think the packages are a good idea.

"I always run out of snacks for studying," said Kizildag. "College students can never have enough."

The cubes can come in a birthday themed box as well, containing an inflatable birthday crown, a personalized card, treats and other party goodies.

Past cube themes have been October, Back to School and Winter. The company also can put gluten-free snacks in their care packages.

The company website claims that students like getting care packages and their product is a convenient way to send students a gift.

"I was really homesick my freshman and sophomore year. It would be a good reminder of your family and friends back home," said Salvadore.

Arts & Entertainment

“Beauty and the Beast” Brought to Life on the Silver Screen

BY JOSEPH DURANTE
Staff Reporter



THIS IMAGE RELEASED BY DISNEY SHOWS DAN STEVENS AS THE BEAST, AND EMMA WATSON AS BELLE IN A LIVE-ACTION ADAPTATION OF THE ANIMATED CLASSIC “BEAUTY AND THE BEAST”

After “Cinderella” and “The Jungle Book,” Disney has transformed another animated classic into a live-action film, “Beauty and the Beast.”

Directed by Bill Condon, the film was released on Friday, March 17. It stays true to the original and there are also a couple of new songs, new scenes and a different back story for Belle.

However, other people may not enjoy the new changes because they may think it’s too different from the “Beauty and the Beast” classic they love.

Emma Watson plays Belle, the iconic Disney character and hero of this story.

For those who don’t know the story, Belle and her father Maurice, played by Kevin

Kline, live in a quiet village in France. Maurice heads on a dangerous expedition and encounters a mysterious castle—the home of a prince who was transformed into a beast many years ago. Upon entering, the Beast, played by Dan Stevens, captures him and takes him as his prisoner.

Belle heads to the castle, takes her father’s place and meets all of the other “antique” inhabitants such as Lumiere the candelabra, played by Ewan McGregor, Cogsworth the clock, played by Ian McKellen, Mrs. Potts the teapot, played by Emma Thompson, and many more.

After saving her life, Belle discovers a soft side within the Beast and the two become very close. If they fall in love, the Beast’s spell will be broken and everyone in the castle will become human again.

Another person who also steals the show like Watson is Luke Evans as the evil Gaston, the man who tries his best to win over Belle. He transforms himself as the village meat-head into the monster that will do whatever it takes to win the woman he desires, even if it means harming her father and killing the beast.

This adaptation of “Beauty and The Beast” is really beautiful with dazzling special effects, Oscar-worthy costumes and terrific music performed by the cast.

Watson is the perfect person to bring Belle to life on the big screen. She makes Belle look smart and fearless and reminds the audience why many little girls continue to look up to this classic character after the original premiered in 1991.

The soundtrack is also terrific. Watson can sing, dance and do everything in this movie. Thompson also does a good job of recreating the “Beauty and The Beast” theme song during the renowned ballroom scene.

Other tracks on the soundtrack include a beautiful pop duet collaboration of “Beauty and the Beast” between Ariana Grande and John Legend, and songs by other artists such as Celine Dion and Josh Groban.

Disney has been successful by giving some of their classic animated films the live-action treatment.

After it’s opening weekend, “Beauty and The Beast” has made a record breaking \$170,000,000 and became the highest grossing film during March; beating out last year’s “Batman v. Superman: Dawn of Justice.” Not only am I sure it will become the highest grossing film of 2017 so far, but according to the Hollywood Reporter, the film is the highest grossing PG rated film of all time.

I’m a little surprised it’s only at a 71% on Rotten Tomatoes as of March 19. I think the website’s score for this movie should be a little higher.

All I have to say is, go see the film and “be their guest.”

ARTIST’S CORNER



A PHOTO TAKEN AND MANIPULATED IN PHOTOSHOP BY SENIOR CARLY GLOWACKY, WHICH SHE ENTITLES “REFLECT”

PHOTO COURTESY OF CARLY GLOWACKY

Arts & Entertainment

Fans of “The Vampire Diaries” Say Goodbye to Mystic Falls

BY STEPHANIE PETTWAY
Staff Reporter

After 171 episodes over eight seasons, The CW aired the series finale of its American supernatural drama, “The Vampire Diaries,” on Friday, March 10.

Created by Julie Plec and Kevin Williamson in 2009, the show is based on the book series by L. J. Smith that goes by the same name.

It’s set in the fictional town of Mystic Falls, Va. and follows the story of a teenage girl by the name of Elena Gilbert, played by Nina Dobrev, and her relationship between two vampire brothers, Damon and Stefan Salvatore, played by Ian Somerhalder and Paul Wesley.

“I loved the show since the beginning. I was never into shows that had vampires or werewolves in it until I watched this show,” said sophomore Julliana Tapia. “Once I saw the first episode I was hooked.”

In season six, Dobrev departed from the show, leaving some fans heartbroken and questioning how the show would go on without the leading character.

“I was very surprised, shocked even, to hear that Nina was leaving. I loved her character and her acting in the show was amazing,” said Tapia. “But this made me wonder if the show was even going to continue without her. I really couldn’t imagine it at the time.”

After Dobrev left, the show continued for two more seasons. The series finale received good reviews and left fans satisfied because it wrapped everything up by concluding loose ends and ended with a simple idea.

In an article from The A.V. Club, critic Carrie Raisler gave her input on the conclusion of the show.

“What the characters did with the rest of their lives was quickly overshadowed by the show’s final idea, the idea that [the] most important thing in this universe is to be reunited with those you love at the end once you die,” said Raisler. “To live the best life you can and then find peace with them, forever.”

For students who didn’t watch the show but heard about its conclusion were left curious.

“I never watched the show, but I heard of it. One of my friends was texting me and was freaking out about the finale and I didn’t understand her pain,” said sophomore Tram Nguyen. “The next day I looked up the show and tried to understand what all the fuss was about.”



PAUL WESLEY AS STEFAN AND IAN SOMERHALDER AS DAMON SHARING A MOMENT IN THE SERIES FINALE OF “THE VAMPIRE DIARIES”

The first seven seasons of “The Vampire Diaries” are available to stream on Netflix.

“After reading about the finale, it had me interested. Makes me wish I had watched it when it was on,” said Nguyen. “I might binge watch it on Netflix now.”

One of the final scenes left fans hoping for a possible spin-off show between Caroline Forbes and Klaus Mikaelson, played by Candice King and Joseph Morgan.

“Klaus and Caroline had a lot of chemistry, I would love to see a spin-off with them as the main characters,” said Tapia. “Plus, my love for the series can continue.”

The series finale brought back characters who’ve been on the show throughout the past eight seasons, including Dobrev.

“I was so upset to see [‘The Vampire Diaries’] go. I loved every single character on that show. They changed so much, and it was great to see them grow from season to season,” said Tapia. “I almost shed a tear at the end of the episode.”

The Choral Masterworks Concert

Review of Latest Performance “Fauré Requiem”

BY JULIUS BROWN
Staff Reporter

On Saturday, March 18 in the Chapel of the Holy Spirit, Sacred Heart University’s Choral Program presented their Masterworks Concert.

They performed “Cantique de Jean Racine,” the famous “Requiem” by Gabriel Fauré. According to BBC Music, the work celebrates the life of his late father, who died three years before he began working on the piece in 1885.

The chapel was full the evening of the concert by the Sacred Heart community, friends and family.

The concert combined various instruments behind the vocal performances.

“It definitely felt good to have strings behind me, it’s awesome,” said freshman choir soloist Bobby Gestrich.

The entire choir and orchestra put in a lot of hard work to learn and perform the pieces.

“I thought it was amazing to pull off,” said junior choir member Cory Robinson. “Just taking on all these different pieces like this and to push ourselves, it just shows a lot about our program.”

According to Classic FM, despite being a work centered around the nature of death, Fauré’s “Requiem” has a peaceful, somber melody.

“The message is so powerful. The celebration of life resonates through the music,” said sophomore Sarah Riccio. “We worked a long time on this and I am happy to share this

with my peers.”

The “Requiem” includes many different sections that the choral program put a lot of time into preparing.

“I am so proud of everyone who was involved, I thought we did an amazing job from preparation to rehearsal and then to finally perform in front of an audience, it felt really good,” said sophomore choir member Stephanie Doheny.

The solo portions of Faure’s “Requiem” demanded a lot of synchronization with the composer as well as the orchestra. Gestrich welcomed the challenge to be one of the soloists for the concert.

“I actually worked really hard to be able to perform the solo,” said Gestrich. “It really means a lot to me to earn this opportunity.”

Many audience members enjoyed the performance.

“They sounded so soft and delicate to the ear. I honestly was afraid to move in my seat because I thought I would disrupt the calm vibe,” said senior Justin Calitro.

This was the attitude of most of the audience members listening to the Choral Masterworks.

At the conclusion of the concert, the audience gave everyone involved a standing ovation.

“Standing in front of that crowd gave me chills,” said Doheny. “It’s kind of intimidating at first but once all your emotions settle in, focus and preparation is key.”

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Sports

Men’s Lacrosse to “Face-Off for a Cause” With Hobart

BY MARK MORALES
Staff Reporter

The Sacred Heart University men’s lacrosse team will be playing in their annual, “Face-off for a Cause” game on Saturday, March 25 at home against Hobart College.

“Face-off for a Cause” is a lacrosse game hosted by the men’s team in order to raise money and awareness for the Wounded Warrior Project.

The Wounded Warrior Project was founded in 2003. According to woundedwarriorsproject.org, it is a charity, as well as a veteran’s service organization, that offers a variety of programs, services and events for wounded veterans of military actions.

The men’s lacrosse team has played this game for the past four years now and they raise about \$2,500 per year. They were able to raise almost \$10,000 during their first year because of their involvement in “The Patriots Cup” while in Texas. This event was also a Wounded Warrior Project event.

“It’s something that is very important to us, we have a lot of guys in our program with families who are military people. My family is a military family and it’s something we really like to get involved with,” said head coach Jon Basti. “I wanted to make sure that our program was more than just go to school and play lacrosse.”

The Sacred Heart men’s lacrosse team will be sporting special camouflage shorts with red, white and blue stripes on them.

They will also be wearing American flag camouflage themed cleats for the game to honor those who served and to help raise awareness for the Wounded Warrior Project.

“They look really cool,” said senior Chase Godfrey.

The team will also be selling t-shirts for \$25 to help raise money for the event.

The shirts will feature “Sacred Heart Lacrosse” on them and are available for purchase at the game on March 25, as well as outside 63’s during the week prior to the game.

This game is something that is important to the team and to the coaches as well. Most people know someone who



THE MEN'S LACROSSE TEAM PLAYING HARD IN THE HOPE OF DEFEATING HOBART

is involved in the military in some aspect, and the team is hosting this event to show your support to friends and family who dedicate their lives to protect America.

“We’re trying to raise awareness and money for the

wounded warrior project,” said Basti. “With all the soldiers coming back from war, they need help. We figured that we could do whatever we could.”

SACRED HEART ATHLETICS

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Sports

Danforth Named All-Conference First Team, Signs With Sound Tigers

BY RYAN TOUHEY
Staff Reporter

The Atlantic Hockey Conference named Sacred Heart University senior forward and assistant captain Justin Danforth to the All-Conference First Team.

The announcement was made on Thursday, March 9.

There are three All-Conference teams named by Atlantic Hockey. According to the Atlantic Hockey website, 18 players are chosen (six per team) from the Atlantic Hockey colleges.

Danforth is one of five upperclassmen to be named to the First Team and is also one of three seniors.

"It's an honor," said Danforth. "I think the ultimate goal would've been an Atlantic Hockey championship, but this is definitely a close second."

According to the Sacred Heart website, Danforth was the team's leader in points this season with 32 and in assists with 22. He finished his college career with 124 total points, which is seventh most in Sacred Heart's hockey history. He also finished with a total of 147 games played, which is second most for a hockey player at the university.

On Wednesday, March 15 Danforth officially signed with the Bridgeport Sound Tigers, who are the American Hockey League (AHL) affiliate of the New York Islanders.

"It's a big milestone in my career and the start of a new chapter for me," said Danforth. "It's going to take a lot of work, but I'm definitely ready for the work."

Danforth was named the Atlantic Hockey Rookie of the Year as a freshman. He was also named to the All-Conference Second Team as a junior.

He chose to play hockey at Sacred Heart because of the recruiting from head coach C.J. Marottolo and assistant coach Scott McDougall.

Danforth's determination and love for the game were two things that Marottolo enjoyed about him while he coached him.

"There was no doubt that myself and our coaching staff felt that Justin had the potential to be a First Team All-Conference player," said Marottolo. "His thirst for making



THE BRIDGEPORT SOUND TIGERS ANNOUNCED TODAY THAT SACRED HEART UNIVERSITY PRODUCT JUSTIN DANFORTH HAS AGREED TO TERMS ON AN AMATEUR TRYOUT

himself better was a constant for four years and that made him a pleasure to coach."

Danforth has been playing hockey since he was 3-years-old. His parents were the ones who got him hooked on to the sport.

"They've been supportive since I started," said Danforth. "They're my inspiration because they've pushed me along the way through my highs and lows."

He has been an inspiration to his teammates with his character.

"Justin is indeed a prime example of what it means to be a hockey player," said senior forward Jordan Minello. "His

team-first mentality gives fellow players a reason to follow him, and players can always count on him to make a big time play late in the game."

Danforth's style of play has been another trait that has stood out to his teammates.

"His puck skills are amazing," said senior defenseman Mitch Nylen. "I don't think I've ever played with someone else who controls the puck in tight spaces like him."

The close relationships that Danforth has had with teammates over the years has been his favorite aspect about playing hockey.



World Baseball Classic Provides Excitement for Fans and Players

BY NICHOLAS TROIANO
Staff Reporter

The World Baseball Classic is a tournament that features the best baseball players from all over the world. It is played every four years and has 16 competing nations.

The United States has never won a WBC.

The field of the 2017 WBC contains countries that have won WBC titles in the past.

Japan and the Dominican Republic are the only teams to ever win a title in the competition. Team Japan won it all in both 2006 and 2009. The Dominican Republic team captured the most recent championship in 2013.

The United States are looking to win its first title in tournament history, and although their team is filled with All-Stars, there are a lot of stand out players missing. There has been a lot of controversy over top American players like Mike Trout and Bryce Harper skipping the WBC.

"I think this team has enough talent to win it all, they have a lineup that is filled with top line MLB all stars. I don't have a problem with some players sitting out," said sophomore Chris Clark.

The talent has been shown so far during the tournament as the United State's has played their way into a semi-final appearance against team Japan. 22-year-old Alex Bregman has

led the United State's team in hitting with a .500 batting average in the competition.

"If the United State's can get by Japan, who is arguably the best team left in the field, I believe they will have no problem with the winner of the Puerto Rico- Netherlands game," said sophomore Arthur Natale.

United States will go up against a Japanese team that contains four players who are hitting over .400 in the tournament. The Japanese will face United State's pitcher Marcus Stroman, who is a member of the Toronto Blue Jays.

The other semi-final matchup features Puerto Rico and the Kingdom of the Netherlands. The team from Puerto Rico defeated the United State's team 6-5 on March 17.

The Netherlands have failed to finish better than fourth in any WBC to date.

"I think that Puerto Rico is going to win over the Netherlands because they have more experience playing deep in the tournament," said sophomore Denis Alevis.

The 2017 World Baseball Classic has been filled with high quality performances from the world's best ball players.

The Puerto Rico and Netherlands semi-final was held on March 20.

The United States played their semi-final matchup against Japan on March 21 and the championship game is March 22 at 9 p.m.

Publisher's note: The paper was produced prior to the results of the semi-finals or the championship.

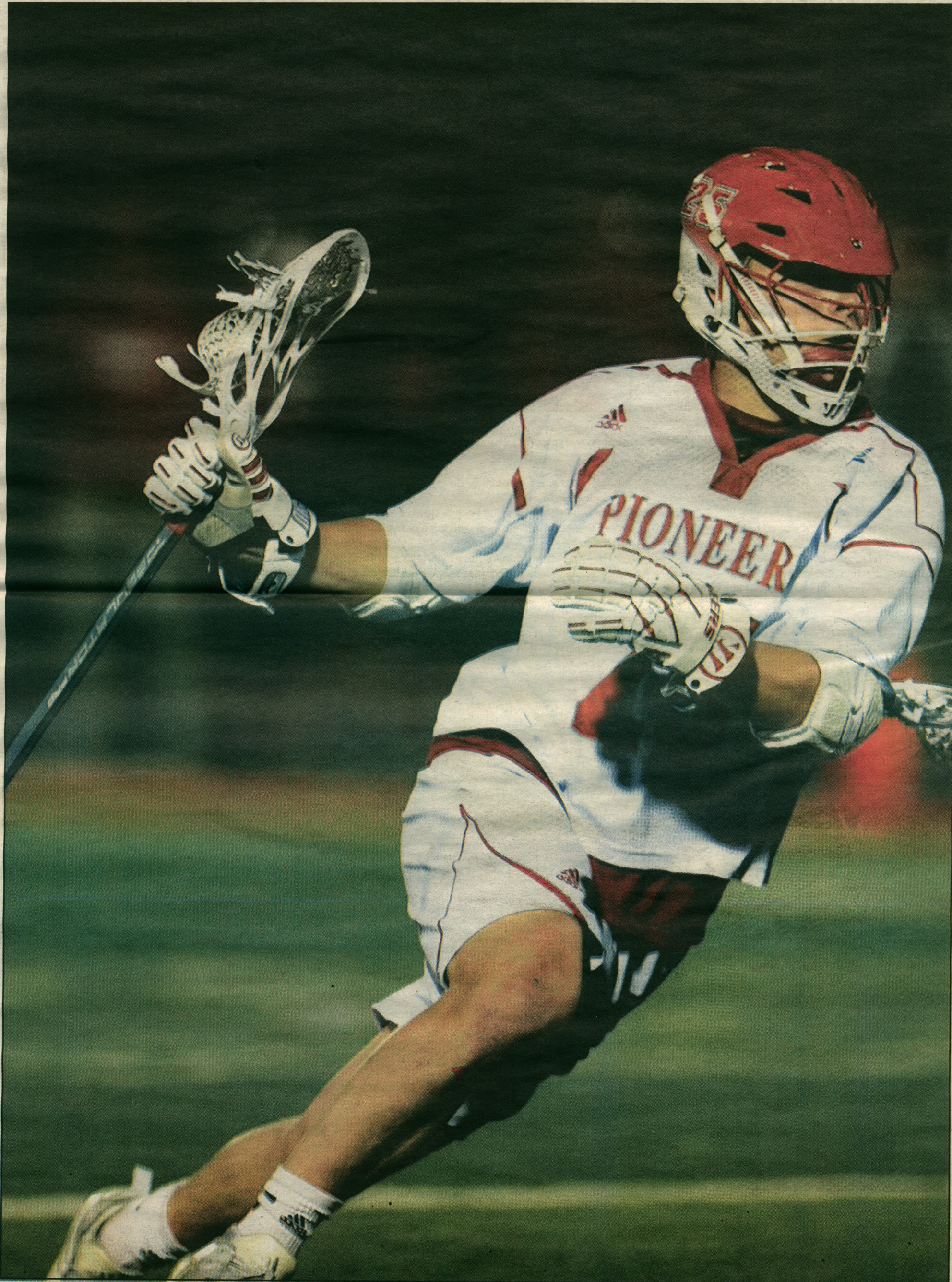
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